

# media release

*Colorado Department of Agriculture*

[www.colorado.gov/ag](http://www.colorado.gov/ag)

[www.facebook.com/coloradoag](https://www.facebook.com/coloradoag)

## FOR IMMEDIATE RELEASE

July 2, 2012

Contact: Wendy White, (303) 239-4119, [Wendy.White@ag.state.co.us](mailto:Wendy.White@ag.state.co.us)

### ***Colorado Sweet Corn Complements Any Meal***

LAKEWOOD, Colo. – Each month, the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown, raised or processed in the state. This month, Colorado sweet corn is featured in our **Colorado Corn and Bacon Salsa** recipe.

#### **Available Now...Sweet Corn**

Ranking seventh in the nation for sweet corn production, Colorado annually harvests 7,000 acres that produce more than 100 million pounds of sweet corn. Sweet corn is low in fat, sodium free and is a good source of Vitamin C. Did you know? The average ear of corn has 800 kernels, arranged in 16 rows. There is one piece of silk for each kernel.

#### **Colorado Corn and Bacon Salsa**

*Chef Jason K. Morse, C.E.C., Executive Chef, Douglas County School District*

Serves 8-10

5 ears Sweet Corn

4 Tbsp. Butter, melted

Kosher or Sea Salt to taste

Ground Black Pepper to taste

1 Red Onion

3 Fresno Peppers or Red Jalapenos

12 Pieces Thick Bacon

1 Tbsp. Garlic, puree

1/2 Cup Pinto Beans, rinsed

1/2 Cup Black Beans, rinsed

1 Cup Tomato Sauce

2 Tsp. Cumin

1 Tsp. Dark Chili Powder

Lime Juice to taste

4 Tbsp. Cilantro, chopped, no stems

Peel the husk back on the corn, do not tear off, and remove the silk. Brush each ear of corn with melted butter and season with the salt and pepper. Replace the husk on the corn. On medium heat on outdoor grill, grill the corn with the husk on until tender. Remove the husk and continue grilling until the corn starts to show grill marks, then remove from the heat and allow to cool. Cook the Fresno peppers on the grill until well roasted, remove, cool and dice. Split the red onion in half, brush with butter and season with salt and pepper. Grill both halves of the red onion until well cooked then remove, cool and dice. Cook the bacon in a skillet until fully cooked then remove, cool and chop. Once the corn is cooled, trim the niblets from the ear and place into a large bowl. Add the remaining ingredients, except the bacon, lime juice and cilantro. Mix well and season to taste then add the lime juice and cilantro and mix well. Add the bacon and mix. Taste and adjust seasoning as needed. This recipe goes great with grilled flour tortillas, white corn tortillas chips or as a side for any grilled meat.

Visit [www.coloradoagriculture.com](http://www.coloradoagriculture.com) for a complete list of recipes.

###